

Sunday

Monday

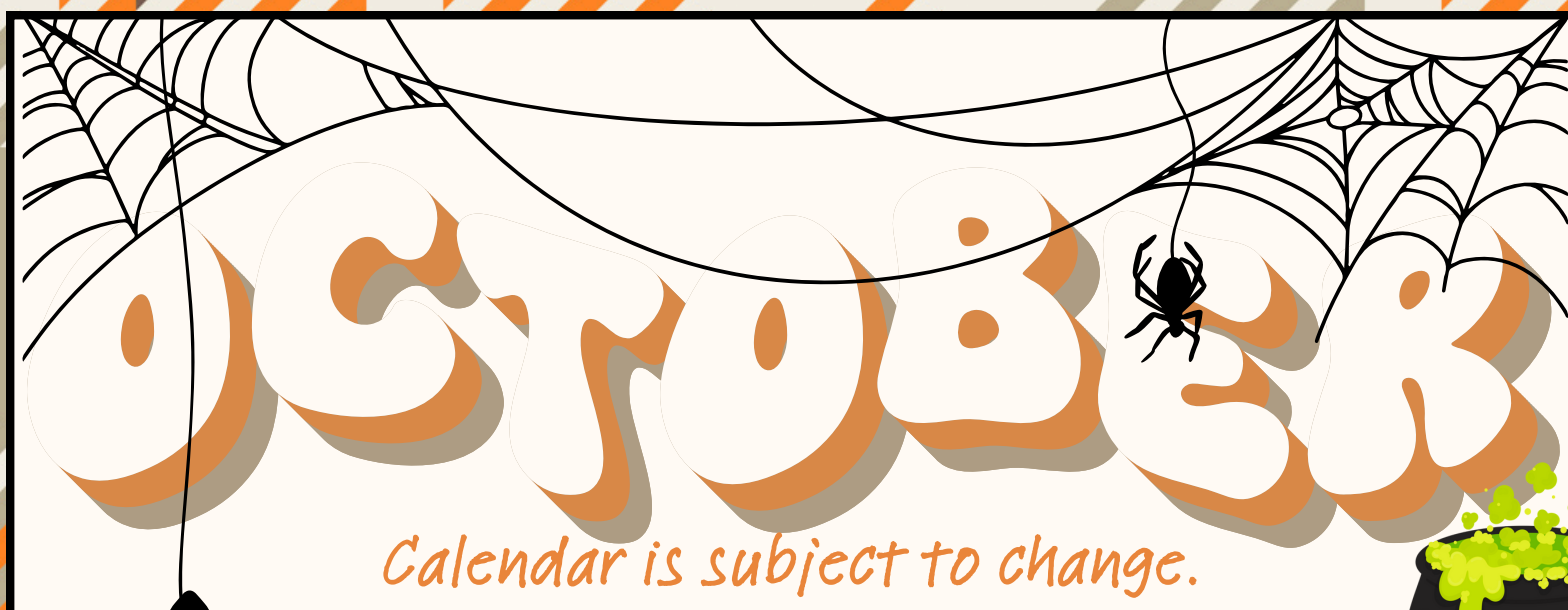
Tuesday

Wednesday

Thursday

Friday

Saturday



1  
7:00 - Morning Coffee - FL  
10:30 - Gentle Exercise - WC  
1:00 - Farkle - GR  
**1:30 - Chapel - C**  
**2:15 - Choir Practice - C**  
2:30 - Afternoon Coffee - D  
6:30 - 500 Cards - WC

2  
7:00 - Morning Coffee - FL  
**9:45 - Cub Foods Outing**  
**10:00 - Bible Study - LL**  
**11:00 - Time of Prayer - LL**  
12:00 - Hand & Foot - GR  
1:00 - Stronger Senior Stretch - WC  
1:30 - Bridge - GR  
1:30 - Free Nail Polishing - LL  
**2:00 - Wine Social - DR**  
2:30 - Afternoon Coffee - D  
3:30 - Catholic Service - C  
6:45 - Cribbage - GR

3  
7:00 - Morning Coffee - FL  
10:30 - Gentle Exercise - WC  
10:30 - Scrabble - GR  
**2:00 - Oktoberfest with the Singing Hearts - LL**  
2:30 - Afternoon Coffee - D  
6:30 - 500 Cards - WC

4  
7:00 - Morning Coffee - FL  
10:30 - Seated Yoga - WC  
1:00 - Farkle - GR  
1:00 - October Themed Trivia - WC  
**2:00 - Afternoon Matinee - "Rudy" - WC**  
2:30 - Afternoon Coffee - D

5  
7:00 - Morning Coffee - FL  
**1:30 - Chapel Service with Holy Communion - Chapel**  
2:30 - Afternoon Coffee - D  
2:30 - Halfway Handmade (Bring your unfinished craft project to work on) - LL

6  
7:00 - Morning Coffee - FL  
**9:45 - Walmart Outing**  
10:30 - Gentle Exercise - WC  
**11:15 - Documentary: "The Hidden Lives of Pets" - WC**  
**2:00 - Community Update Meeting - DR**  
2:30 - Afternoon Coffee - D  
6:30 - 500 Cards - WC

7  
7:00 - Morning Coffee - FL  
**9:45 - Dollar Tree Outing**  
10:30 - Seated Yoga - WC  
10:30 - Scrabble - GR  
1:30 - Bridge - GR  
**2:00 - Bingo - LL**  
2:30 - Afternoon Coffee - D  
6:45 - Cribbage - GR


8  
7:00 - Morning Coffee - FL  
10:30 - Gentle Exercise - WC  
1:00 - Farkle - GR  
**1:30 - Blessing of the Animals - Front Parking Lot**  
**2:30 - Resident Paper Shredding - LL**  
2:30 - Afternoon Coffee - D  
6:30 - 500 Cards - WC

9  
7:00 - Morning Coffee - FL  
**9:00 - 3:00 Homemade Craft & Bake Sale Lower Level Activity Room**  
10:00 - Bible Study - C  
**10:30 - New Resident Reception - DR**  
12:00 - Hand & Foot - GR  
1:00 - Stronger Senior Stretch - WC  
1:30 - Bridge - GR  
2:30 - Afternoon Coffee - D  
3:30 - Catholic Service - C  
6:45 - Cribbage - GR  
**6:15 - Evening Movie: "Hocus Pocus" - WC**

10  
7:00 - Morning Coffee - FL  
10:30 - Gentle Exercise - WC  
10:30 - Scrabble - GR  
**10:40 - Open Door Pantry - LL**  
**2:00 - Bingo - LL**  
2:30 - Afternoon Coffee - D  
6:30 - 500 Cards - WC

11  
7:00 - Morning Coffee - FL  
10:30 - Seated Yoga - WC  
1:00 - Farkle - GR  
1:00 - Indigenous Peoples Day Trivia - WC  
**2:00 - Afternoon Matinee - "Just Like Heaven" - WC**  
2:30 - Afternoon Coffee - D

12  
7:00 - Morning Coffee - FL  
**1:30 - Chapel Service - Chapel**  
2:30 - Afternoon Coffee - D  
2:30 - Halfway Handmade (Bring your unfinished craft project to work on) - LL

13  
7:00 - Morning Coffee - FL  
10:30 - Gentle Exercise - WC  
2:30 - Afternoon Coffee - D  
6:30 - 500 Cards - WC  


14  
7:00 - Morning Coffee - FL  
**9:45 - Aldi/Burlington Outing**  
10:30 - Seated Yoga - WC  
10:30 - Scrabble - GR  
1:30 - Bridge - GR  
**2:00 - Bingo - LL**  
2:30 - Afternoon Coffee - D  
6:45 - Cribbage - GR

15  
7:00 - Morning Coffee - FL  
10:30 - Gentle Exercise - WC  
1:00 - Farkle - GR  
1:30 - Chapel - C  
**2:15 - Choir Practice - C**  
**2:30 - October Craft - LL**  
2:30 - Afternoon Coffee - D  
6:30 - 500 Cards - WC

16  
7:00 - Morning Coffee - FL  
10:00 - Bible Study - LL  
12:00 - Hand & Foot - GR  
1:00 - Stronger Senior Stretch - WC  
1:30 - Bridge - GR  
**2:00 - Sunshine Social: Pumpkin Spice Lattes - DR**  
2:30 - Afternoon Coffee - D  
3:30 - Catholic Service - C  
6:45 - Cribbage - GR

17  
7:00 - Morning Coffee - FL  
10:30 - Gentle Exercise - WC  
10:30 - Scrabble - GR  
**10:45 - Lunch Outing: Red Robin**  
**2:00 - Bingo - LL**  
2:30 - Afternoon Coffee - D  
6:30 - 500 Cards - WC

18  
7:00 - Morning Coffee - FL  
10:30 - Seated Yoga - WC  
1:00 - Farkle - GR  
1:00 - October Themed Trivia - WC  
**2:00 - Afternoon Matinee - "The Addams Family" - WC**  
2:30 - Afternoon Coffee - D



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

19

7:00 - Morning Coffee - FL  
**1:30 - Chapel Service - Chapel**  
 2:30 - Afternoon Coffee - D  
 2:30 - Halfway Handmade (Bring your unfinished craft project to work on) - LL

20

7:00 - Morning Coffee - FL  
**9:45 - Walmart Outing**  
 10:30 - Gentle Exercise - WC  
**11:15 - Documentary: "The Hidden Lives of Pets" - WC**  
**2:00 - October Birthday Party with J&J Music - DR**  
 2:30 - Afternoon Coffee - D  
 6:30 - 500 Cards - WC

21

7:00 - Morning Coffee - FL  
**10:00 - Culinary Chat - DR**  
 10:30 - Seated Yoga - WC  
 10:30 - Scrabble - GR  
**12:30 - Rays of Hope - C**  
 1:30 - Bridge - GR  
**2:00 - Bingo - LL**  
 2:30 - Afternoon Coffee - D  
 6:45 - Cribbage - GR

22

7:00 - Morning Coffee - FL  
 10:30 - Gentle Exercise - WC  
 1:00 - Farkle - GR  
**1:30 - Chapel - C**  
**2:00 - 3:30 Open Business Office Hours - 103**  
**2:30 - Fall Music Bingo - LL**  
 2:30 - Afternoon Coffee - D  
 6:30 - 500 Cards - WC

23

7:00 - Morning Coffee - FL  
**9:30 - Little Six Casino Outing**  
 10:00 - Bible Study - LL  
 12:00 - Hand & Foot - GR  
 1:00 - Stronger Senior Stretch - WC  
 1:30 - Bridge - GR  
**2:00 - Dakota County Book Exchange - LL**  
 2:30 - Afternoon Coffee - D  
**3:00 - Resident Advisory Committee: Planning for November - LL**  
 3:30 - Catholic Service - C  
**6:15 - Evening Movie: "The Forgotten" - GR**  
 6:45 - Cribbage - GR

24

7:00 - Morning Coffee - FL  
**9:45 - Cub Foods Outing**  
 10:30 - Gentle Exercise - WC  
 10:30 - Scrabble - GR  
**2:00 - Magic Show with Markus Clegg - DR**  
 2:30 - Afternoon Coffee - D  
 6:30 - 500 Cards - WC

25

7:00 - Morning Coffee - FL  
 10:30 - Seated Yoga - WC  
 1:00 - Farkle - GR  
 1:00 - Halloween Trivia - WC  
**2:00 - Afternoon Matinee - "The Sixth Sense" - WC**  
 2:30 - Afternoon Coffee - D

26

7:00 - Morning Coffee - FL  
**1:30 - Chapel Service - Chapel**  
 2:30 - Afternoon Coffee - D  
 2:30 - Halfway Handmade (Bring your unfinished craft project to work on) - LL

27

7:00 - Morning Coffee - FL  
**9:45 - Target Outing**  
 10:30 - Gentle Exercise - WC  
**11:00 - Book Club - WC**  
**2:00 - Focus Meeting: Beyond the Yellow Ribbon: Presentation on Benefits for Veterans**  
 2:30 - Afternoon Coffee - D  
 6:30 - 500 Cards - WC

28

7:00 - Morning Coffee - FL  
**9:45 - HyVee Outing**  
 10:30 - Scrabble - GR  
 10:30 - Seated Yoga - WC  
 10:30 - Catholic Mass - C  
 1:30 - Bridge - GR  
**2:00 - Free Bingo - LL**  
 2:30 - Afternoon Coffee - D  
 6:45 - Cribbage - GR

29

7:00 - Morning Coffee - FL  
 10:30 - Gentle Exercise - WC  
 1:00 - Farkle - GR  
**12:00 - "Fireflies" Play Outing**  
**1:30 - Memorial Service - C**  
**2:15 - Choir Practice - C**  
 2:30 - Afternoon Coffee - D  
 6:30 - 500 Cards - WC

30

7:00 - Morning Coffee - FL  
 10:00 - Bible Study - LL  
 12:00 - Hand & Foot - GR  
 1:00 - Stronger Senior Stretch - WC  
 1:30 - Bridge - GR  
**2:00 - CynCity Tours Presents: Ghost Tour of St Paul - DR**  
 2:30 - Afternoon Coffee - D  
 3:30 - Catholic Service - C  
**6:30 - Trivia Night - Bar DR**  
 6:45 - Cribbage - GR

31

7:00 - Morning Coffee - FL  
 10:30 - Gentle Exercise - WC  
 10:30 - Scrabble - GR  
**1:30 - Halloween Social, Pumpkin Decorating Contest Winner, & Costume Contest - DR**  
 2:30 - Afternoon Coffee - D  
 6:30 - 500 Cards - WC

**HALLOWEEN**



**Villa Salon:**  
 Mondays and Thursdays  
 open at 9:00 am  
 #213

Apple Valley Villa  
 a ministry of  cassia

hello  
**OCTOBER**  
*Calendar is subject to change.*

**Bre Schlick**  
**Activities Director**  
 Questions about Activities?  
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 Office: Lower Level